# Important Telephone Numbers To Keep





If you need	You can call	At this number
to select or change your CommunityCARE doctor, or ask questions about the CommunityCARE or KIDMED programs	The CommunityCARE Enrollee Hotline	800-259-4444 Monday-Friday 8:00 a.m5:00 p.m.
to speak with a nurse who can answer medical questions	The CommunityCARE Nurse Helpline	866-529-1681 24 hours a day
to find a specialist who will accept your Medicaid card	The Specialty Care Resource Line	877-455-9955 Monday-Friday 8:00 a.m5:00 p.m.
assistance for the hearing impaired	The CommunityCARE Enrollee Hotline	877-544-9544 Monday-Friday 8:00 a.m5:00 p.m.

www.la-communitycare.com

www.la-kidmed com

## Healthy Lifestyles-Adult Screenings

- **BLOOD PRESSURE** Make sure that your doctor checks your blood pressure. High blood pressure increases the risk for heart disease, stroke, and kidney disease.
- \* CHOLESTEROL It is important your doctor checks cholesterol levels at least once every 5 years. If you have diabetes, get your cholesterol checked every year.
- \* SKIN CANCER The American Cancer Society recommends a skin cancer examination every year. It's also important for you to check your own skin once a month. You should know the pattern of moles, blemishes, freckles, and other marks on your skin so that you'll notice any changes.
- **CERVICAL CANCER** The American Cancer Society recommends that women have a pap smear by age 18 or earlier if they are sexually active. After 3 consecutive normal tests, your doctor will let you know how frequently testing is needed.







- \* BREAST CANCER Between the ages of 20 and 39 years, women at low risk should have a clinical breast examination by a health professional every 3 years and conduct a breast self-exam monthly. Women aged 40 and older should have a screening mammogram and a breast exam by a health professional every year, while continuing monthly self-breast exam.
- \* DIABETES A check for diabetes is recommended every 3 years beginning at 45 years of age. Testing should be done earlier and more often if you are at risk for diabetes.
- \*\* COLORECTAL CANCER Several specific groups recommend regular screening for all adults aged 50 years and older. Ask your doctor what tests are best for you.
- \*\* PROSTATE CANCER The American Cancer Society believes that doctors should offer the PSA blood test and DRE (digital rectal exam) yearly, beginning at age 50 to men who do not have any serious medical problems and can be expected to live at least 10 more years. Men at high risk (African Americans and men who have a close family member with prostate cancer at an early age), should begin testing at age 45. Ask your CommunityCARE doctor what is best for you.





#### Childhood Immunizations

### Why Vaccinate?

Children need immunizations (shots) to protect them from dangerous childhood diseases. These diseases can have serious complications and can even kill children. Children under the age of 5 are especially susceptible because their immune systems have not built up the necessary defenses to fight infection. By immunizing on time (by age 2), you can protect your child from disease and also protect others at your child's school or daycare. Call your child's CommunityCARE/KIDMED doctor to find out if your child's shots are up to date.

#### Keep a Record

A vaccination health record helps you and your CommunityCARE/KIDMED doctor keep your child's vaccinations on schedule. If you move, or change doctors, having an accurate record might prevent your child from repeating vaccinations he/she has already had. A shot record should be started when your child receives his/her first vaccination and be updated with each vaccination visit.

### Are There Any Side Effects?

Side effects can occur with any medicine, including vaccines. Depending on the vaccine, these can include: slight fever, rash, or soreness at the site of injection. Slight discomfort is normal and should not be cause for alarm. Your CommunityCARE/KIDMED doctor can give you additional information.



#### Babies and children need these shots at:

HepB #1		Birth
HepB #2		1 -4 months
HepB #3		6-18 months
DTaP		2 months, 4 months, 6 months, 15-18 months, 4-6 years
Td	•••••	
Hib	•••••	2 months, 4 months, 6 months (Hib3), 12-15 months
IPV	•••••	2 months, 4 months, 6 -18 months, 4-6 years
MMR		12-15 months (MMR #1), 4-6 years (MMR #2)
Varicella		12-18 months
PCV		2 months, 4 months, 6 months, 12-15 months
Influenza		Yearly for ages 6 months and above



For the most current information on childhood vaccinations, contact your CommunityCARE/KIDMED doctor, or call:

National Immunization Hotline (toll-free)

English: 1-800-232-2522 Spanish: 1-800-232-0233 Hearing Impaired: 1-800-243-7889

#### **Asthma**

Asthma affects millions of Americans, yet many are unsure or simply don't know that they have the disease. Asthma is chronic and unpredictable. Even though asthma stays with you, symptoms may come and go and attacks can range from mild to severe. Learning more about asthma can help you be prepared to recognize and manage the disease—for yourself or for someone you know who may have asthma.

#### Take the Asthma Control Test™ and Know Your Asthma Score

1. In the past 4 weeks, how much of the time did your asthma keep you from getting as much done at work, school or at home?  □ All of the time □ Most of the time □ Some of the time □ A little of the time □ None of the time
2. During the past 4 weeks, how often have you had shortness of breath?  ☐ More than once a day ☐ Once a day 3 to 6 times a week ☐ Once or twice a week ☐ Not at all
3. During the past 4 weeks, how often did your asthma symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) wake you up at night or earlier than usual in the morning?  □ 4 or more nights a week □ 2 or 3 nights a week □ Once a week □ Once or twice □ Not at all
4. During the past 4 weeks, how often have you used your rescue inhaler or nebulizer medication (such as albuterol)?  □ 3 or more times per day □ 1 or 2 times per day □ 2 or 3 times per week □ Once a week or less □ Not at all
5. How would you rate your asthma control during the past 4 weeks?  □ Not controlled at all □ Poorly controlled □ Somewhat controlled □ Well controlled □ Completely controlled
If you checked any red answers, your asthma may not be well controlled.



Be sure to talk to your healthcare professional about your asthma treatment plan.

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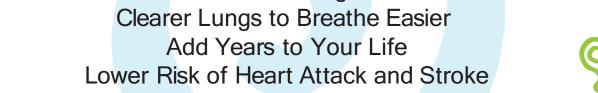


## To Quit Smoking For Good! Call 1-800-LUNG-USA (1-800-586-4872) or visit www.ffsonline.org. \*

### **Benefits of quitting**

Lower Blood Pressure Lower Risk of Lung Cancer Clearer Lungs to Breathe Easier Add Years to Your Life Less Exposure to Secondhand Smoke







<sup>\*</sup>American Lung Association, Louisiana Tobacco Control Program, DHH Office of Public Health Initiative